

## Partners of the Prairie Region Health Promotion Research Centre:

- Department of Community Health and Epidemiology, University of Saskatchewan
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- Human Services Integrated Forum
- Indigenous People's Health Research Centre
- Keewatin Yâthe Regional Health Authority
- Mamawetan Churchill River Health Authority
- Public Health Agency of Canada
- Regina Qu'Appelle Health Region
- Saskatchewan Health, Population Health and Community Care Branches
- Saskatoon Health Region
- The Saskatchewan Prevention Institute

### We would like to thank our sponsors:

- Public Health Agency of Canada
- Population Health Branch, Sask Health
- First Nations and Inuit Health Branch, Health Canada
- Indigenous People's Health Research Centre
- University of Saskatchewan
- College of Medicine
- Saskatchewan Health Research Foundation

**Summer School 2005 ~ August 15-18<sup>th</sup>**

## *Mental Health Promotion Identity, Culture and Power*



Hosted by:

*The  
Prairie Region  
Health Promotion  
Research Centre*

University of Saskatchewan  
Saskatoon, Saskatchewan

## MONDAY, AUGUST 15, 2005 1:00PM **Opening Keynote**



The opening keynote maps the conceptual terrain of mental health promotion, poses some of the dilemmas we face as mental health promotion advocates and practitioners and introduces the program.

**Dr. Lewis Williams** is from Aotearoa / New Zealand and of Ngai Te Rangi (Maori) and Scottish Descent. She received her PhD (Social Policy and Social Work) from the School of Social and Cultural Studies, Massey University and her Masters degree (Public Health) from the University of Auckland. Lewis has a long-standing involvement in human potential work, particularly as this combines spiritual well-being and social action. Lewis has been engaged in a variety of practitioner roles, including psychiatric social work, sexual abuse and eating issues counseling, community development, research and public policy advocacy in mental health-related areas in Aotearoa/New Zealand and the U.K. She has been involved in a variety of initiatives, including women's, children's, indigenous and disability rights work. Her research and publications have largely centered on community action and theorizing self-determination. Lewis is the Director of the Prairie Region Health Promotion Research Centre.

## MONDAY, AUGUST 15, 2005 6:30PM **Banquet, The Impact of Colonization on Mental Well Being**



Colonization has affected aboriginal people and their prospects for survival as distinct cultures and peoples. The impact of control from external sources is present in the form of depressed social and economic conditions that currently confront all aboriginal peoples in their traditional homelands and in the urban areas. The loss of self-determination, control of destiny and removals from traditional territories (the source of freedom and livelihood) has had a devastating impact on the well-being of aboriginal societies and peoples. Yet, the greatest impact is seldom mentioned and when addressed it is viewed as intangible. However, the psychological and spiritual impacts of colonialism, that expresses itself as a particular kind of "collective depression" is no less tangible and is as devastating to aboriginal well-being as are the deplorable social, educational, health, political and economic conditions. The theme of this presentation is on individual and collective self-determination as a direct attack on the colonialism of the past and the present within Canada.

**Ovide Mercredi**, a Cree, lawyer, negotiator, author, lecturer in Native Studies, and activist on behalf of First Nations in Canada, was born into a traditional trapping, hunting and fishing lifestyle in Grand Rapids, Manitoba, in 1946. Graduate of the University of Manitoba Law School, he was, during the 80's, deeply involved in constitutional law reform issues, and Aboriginal and Treaty rights negotiations, and acted as a key adviser in First Nations opposition to the Meech Lake Accord and in 1989 he was elected Manitoba Vice-Chief of the Assembly of First Nations. Ovide Mercredi was first elected National Chief of the Assembly of First Nations in 1991, and went on to serve two terms as National Chief, completing his term in 1997. During this time he earned a reputation as a skilled negotiator, an articulate and eloquent spokesman, statesman, a political activist committed to traditions of non-violence and peaceful conflict resolution, and as a tireless advocate on behalf of his people. He led the First Nations negotiations in the Charlottetown Accord.

## TUESDAY, AUGUST 16, 2005 8:30AM **Ethical Space**



The concept of ethical space refers to the creation of a means of communication across disperse cultural groups. In order to create this space, it is important to first look at the differences between cultural groups. This takes into account distinct histories, knowledge systems, traditions, values, interests and social, economic and political realities. The presentation will give an example of how paying attention to the differences between Indigenous knowledge systems and Western knowledge systems can create a meaningful space for dialogue. The application of these ideas to MHP practice will be discussed.

**Willie J. Ermine**, Ethicist / Researcher with the Indigenous Peoples Health Research Centre (IPHRC). Willie is from the Sturgeon Lake First Nation in the north central part of the province. Willie has his Bachelor of Education Degree and completed his Master of Education at the University of Saskatchewan in 2000. Willie is a faculty member with the First Nations University of Canada and lectures in the areas of Humanities and Indigenous Studies. His primary duty as an Ethicist / Researcher is to promote ethical practices of research involving Indigenous Peoples with particular interest in the conceptual development of the 'ethical space' – a theoretical space between cultures and world views.

## THURSDAY, AUGUST 18, 2005 11:30AM **Creating Caring Communities Through Intersectoral Partnership**



**Dr. James Irvine** is the Medical Health Officer for the northern half of Saskatchewan which includes the Mamawetan Churchill River and Keewatin Yatthi Health Regions and the Athabasca Health Authority. He is a specialist in community medicine, a Professor with the University of Saskatchewan's Northern Medical Services and is an Associate Member of the Department of Community Health and Epidemiology. He has been involved with public health, research, teaching and health care in northern Saskatchewan and has lived in LaRonge for over 20 years. He brings a perspective as a public health physician who has been a strong advocate of health promotion and partnerships. In 2001 was awarded the Ron Draper Health Promotion Award from the Canadian Public Health Association.

# Summer School Agenda

[www.usask.ca/healthsci/che/prhprc](http://www.usask.ca/healthsci/che/prhprc)

## Monday, August 15, 2005

11:00am-1:00pm	Registration: Place Riel Room 241
1:00pm-2:15pm	Welcome and Opening Keynote by Dr. Lewis Williams
2:15pm-3:00pm	Entertainment
3:00pm-3:45pm	Break
3:45pm-5:00pm	Discussion Groups
6:30pm-8:30pm	Formal Banquet and Keynote by Ovide Mercredi "The Impact of Colonization on Mental Well Being"

## Tuesday, August 16, 2005

8:30am-9:30am	Keynote by Willie Ermine "Ethical Space"
9:30am-10:30am	Open Discussion with Willie Ermine and Ovide Mercredi, discussant led by Dr. Lewis Mehl-Madrona
10:30am-11:00am	Nutritional Break
11:00am-12:00pm	Keynote by Dr. Lewis Williams "Landscapes of Self Determination: Power, Culture and Equity"
12:00pm- 1:00pm	Lunch
1:00pm-2:15pm	Panel Discussion "Landscapes of Self Determination. Power, Culture and Equity: Migrant, Rural, and Service Users"
2:15pm-2:45pm	Open Discussion
2:45pm-3:15pm	Break
3:15pm-4:15pm	Panel Discussion "Expanding Our Understanding of Culture: Sexuality, Gender and Mental Health"
4:30pm-5:30pm	Discussion Groups: Integrating the Keynotes. Several topic streams available, see our website.
7:30pm	After Dinner Invitation Presentation by: Dr. Lewis Mehl-Madrona "Coyote Medicine: Contributors of Aboriginal Culture to Health Care"

## Wednesday, August 17, 2005

8:30am-9:30am	Keynote by Dr. Caroline Tait "Sticks and Stones: Why is Understanding Power and Politics of Words Important for Mental Health Promotion?"
9:30am-10:30am	Keynote by Dr. Allyson McCollum "Unpacking Mental Health Promotion"
10:30am-10:45am	Break
10:45am-12:00pm	Discussion Groups
12:00pm-1:00pm	Lunch
1:00pm-3:00pm	Best Practices by Elaine Malbeuf "Integrating Addictions and Mental Health" and by Dr. Judith Martin "Mental Health in the Workplace: A Work/Life Balance"
3:00pm-3:15pm	Break
3:15pm-5:00pm	Discussion Groups: Developing Mental Health Promotion Interventions

## Thursday, August 18, 2005

8:30am-9:45am	Keynote by Dr. Allyson McCollum "Making the Links between Policy, Practice and Organizational Capacity: The Scottish Experience"
9:15am-11:00am	Round Table Discussions "Local Challenges: Policy, Practice and Organizational Capacity. Implications for Practice and Research."
11:00am-11:30am	Break
11:30am-12:30am	Closing Plenary by Dr. James Irvine "Creating Caring Communities Through Intersectoral Partnerships: Putting Mental Health on the Agenda"
1:00pm-2:00pm	Celebration Lunch and Farewells

# Health Promotion Summer School

## What is the summer school?

The summer school is a national, intersectoral adult education event designed to increase skills and knowledge in taking a population health promotion approach to mental health and well being.

## Why is the school important?

The summer school is important for two reasons. First, it serves to strengthen community and organizational capacity to develop a range of effective health promotion initiatives in addressing underlying determinants of mental health and well being. Secondly, continued learning about mental health promotion will enable the creation of health-related policies and programs that support the self-determination of a variety of cultural communities.

## Who should participate?

- Community leaders, staff and managers interested in taking a health promotion approach to issues of mental well being and addictions
- Practitioners, from the health and allied sectors
- Policy people and program developers
- Applied researchers
- Social justice workers
- Community and non-governmental organizations, public sector organizations
- Learners from Canada and abroad

## What will you receive?

- An understanding of mental health promotion
- An understanding of the relationships between culture, identity, power and well being
- An understanding of the impact of colonization and health policies on health practices and programming
- An understanding of Aboriginal concepts of well being
- The ability to identify your current work along the continuum of approaches to mental well-being
- The ability to critically evaluate health promotion practices and develop a mental health promotion intervention
- An understanding of the key policy, organizational and practitioner factors influencing the implementation of mental health promotion programs
- An opportunity to network with your colleagues

## Discussion Groups

Discussion groups have been designed to provide hands-on learning opportunities to participants. Participants will be assigned to discussion groups in order to facilitate discussion between individuals holding a variety of positions and from different sectors. For this reason, you are not asked to pre-register for any groups.

## Meals

Your registration includes a banquet dinner on Monday, lunch on Tuesday, Wednesday and Thursday, and all nutritional breaks.

## Display Tables

There is limited space for display tables at the conference. Therefore, if you would like a table, we ask that you indicate this on your registration form as soon as possible. Space will be allocated on a first come first serve basis.

## Learning Packages

Learning information will be available to all registered participants on our website prior to the conference. For those who do not have computers, hard copies are also available.

## Conference Proceedings

Transcripts of the keynotes will be available to order from our web site in September 2005.

*For further information,  
updates and program details  
visit our web site at:  
[www.usask.ca/healthsci/che/prhprc](http://www.usask.ca/healthsci/che/prhprc)*

TUESDAY, AUGUST 16, 2005

## Landscapes of Self Determination: Power, Culture and Equity

**Dr. Lewis Williams.** In wealthier countries such as Canada, health, including mental well-being, is one of the most sensitive indicators of inequalities in wealth and cultural power. This keynote presents three ideas. Firstly, MHP's key aim as agency or self-determination. Secondly, the concepts of 'agency terrain' and 'power-culture' are offered as a means to understanding mental health contexts and the ways in which dynamics of power and culture shape socio-environmental conditions and opportunities for well-being. Thirdly, the concept of the agency terrain as this applies to MHP practitioners is introduced. The panel presentations that follow discuss the ideas presented as they apply to each community represented.

WEDNESDAY, AUGUST 17, 2005

**Sticks and Stones: Why is Understanding Power and Politics Important for Mental Health Promotion?** The concepts and categories that we apply to individuals and groups of people significantly shape our understandings of them and the types of action that we mobilize in response to their perceived needs. This presentation examines the evolution of the concept "poverty" and by extension modern day understandings of the associated category of people, "the poor" by contrasting and comparing it with categories and action associated with "Indigenous problems." This presentation explores the reasons why for mental health promotion a critical lens is important when applying classifications to individuals and groups of people, particularly how our decisions of what to call people is embedded within historical processes in which power and politics plays an important and defining role.

**Dr. Caroline L. Tait** is Métis from MacDowall, Saskatchewan, Canada. She received her Ph.D. from the Departments of Anthropology and Social Studies of Medicine at McGill University, Montreal in 2003. Caroline has a Bachelor of Arts degree from McGill University in anthropology and a Master's of Arts degree in medical anthropology from the University of California at Berkeley.

**Unpacking Mental Health Promotion:** This presentation will summarise what we know about the determinants of MH and consider how knowledge of risk and protective factors for MH and understanding of inequalities in MH can be used to inform the design of programmes and interventions. Conceptual and methodological challenges associated with the evaluation of MHP will be presented. This will include a consideration of indicators to measure the effectiveness of MHP. Drawing on the evidence base, the principles of effective MHP interventions will be considered and examples provided of 'what works'. The session will identify a set of key questions for programme planners and practitioners to consider in designing and developing MHP interventions.

**Dr. Allyson McCollam** was involved in setting up SDC in 1997 and has been Chief Executive since 2003, having previously been Director of Research. Allyson has extensive experience and knowledge of mental health policy and practice in Scotland and has a background in social policy and social research. Recent work in the field of mental health improvement includes: a programme of work for NHS Health Scotland on Evidence into Practice, Practice into Evidence which entails compiling evidence based case study examples of mental health improvement and training for practitioners and program planners in the use of evidence and in evaluation, to build capacity; leading a project on Building Community Well-being to explore community perspectives on what contributes to well being and the implications for policy and practice; involvement in the evaluation of Choose Life, Scotland's suicide prevention strategy and the evaluation of a national programme on depression; and work on inequalities and mental health in Scotland.

**Integrating Addictions and MH:** Aboriginal communities have the inherent power to build on their strengths in spite of the rapid cultural and societal change that has occurred. To truly support viable community change, community development approaches must take into consideration root cause issues, primarily those of the post colonization era. To achieve long-term sustainability it is important to respect the community's state of readiness and the community's characteristics. These must be honored to truly support communities in "finding their own way." For change to truly be sustainable it must begin at the personal level and move onward to the community level.

**Elaine Malbeuf**, Director of Community Health Services for the Keewatin Yáttthe Regional Health Authority, will discuss promotion techniques, which strive to integrate addictions and mental health in a way which respects and reflects the targeted community. Elaine Malbeuf is a life long resident of Northern Saskatchewan. She is of aboriginal ancestry and is fluent in both Michif and English. Elaine is currently employed as the Director of Community Health Services for the KYRHA.

**MHP in the Workplace:** Research indicates that a key source of employee stress, fatigue, and the desire to seek a new job (also stressful), is a work environment that exacerbates work-family conflict by failing to introduce workplace policies, practices, and culture-change that reduce work-family conflict. In addition, research indicates that the introduction of such change in the structure and culture of work is helpful not only for reducing employee stress but is also beneficial to families, communities, taxpayers and stakeholders.

**Dr. Judith Martin**, (Ph.D. Sociology) is the Executive Director of the Work and Family Unit, Department of Labour, Government of Saskatchewan, will discuss mental health in the workplace. In 1997-98 she served as the Executive Director of the Balancing Work and Family Initiative, including the Public Task Force on Balancing Work and Family. For over 30 years, she has worked as an academic, a community developer and since 1986 has held senior management positions in the co-operative and public sectors within Saskatchewan. Dr. Martin is a Director on the Board of the Vanier Institute for the Family (Ottawa), is a Director on the Community Health Foundation, (Saskatoon, Saskatchewan), and a Director on the Saskatchewan Labour Force Development Board.

THURSDAY, AUGUST 18, 2005

## Making the Links Between Policy, Practice and Organizational Capacity: The Scottish Experience

**Dr. Allyson McCullam.** A description of the national policy context in Scotland for mental health improvement will be presented and the approach developed to build cross sectoral capacity for the development and delivery of effective mental health improvement interventions will be explored. The presentation will consider the learning emerging from a programme to create stronger interconnections between evidence and practice by building capacity to use evidence and evaluation.

# THE PRAIRIE REGION HEALTH PROMOTION RESEARCH CENTRE

Early Registration by July 15<sup>th</sup> ~ \$375  
Late Registration after July 15<sup>th</sup> ~ \$425  
Final Registration Deadline August 5<sup>th</sup>

## SUMMER SCHOOL 2005 REGISTRATION FORM AUGUST 15<sup>TH</sup> -18<sup>TH</sup>

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Title/Position: \_\_\_\_\_

Organization/Agency Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

Do you have access to a computer? \_\_\_\_\_

Please indicate any food allergies/preferences (e.g. vegan, diabetic) \_\_\_\_\_

Please indicate any other special needs \_\_\_\_\_

### Accommodations:

#### **Park Town Hotel**

Located at 924 Spadina Crescent East (walking distance to the University of Saskatchewan)

Summer School rate of \$85/night + GST. Please quote **Group #4533** when booking.

Phone: 306.244.5564 See our website for accommodation links.

#### **U of S (Residences) - University of Saskatchewan Hospitality Services**

Single Room \$28.00 + \$1.96 GST = \$29.96/person/night

Double Room \$23.00 + \$1.61 GST = \$24.61/person/night

Reservations are not accepted by phone. Please register on the web site or by fax using the printable housing forms available on the web site. Please book at least 2 weeks prior to your arrival. Minimum 2 night stay.

Fax: 306.966.8599. See our website for accommodation links.

#### **Parking:**

\$2/day at the Griffith Parking Lot on College Drive, across from the University by the Field House

**Please mail a copy of this form along with cheque (we cannot accept credit cards) made payable to:**

**Prairie Region Health Promotion Research Centre**  
c/o Community Health & Epidemiology  
University of Saskatchewan, Health Sciences Building  
107 Wiggins Road,  
Saskatoon, SK S7N 5E5

**For more information visit our website at:**  
**[www.usask.ca/healthsci/che/prhprc](http://www.usask.ca/healthsci/che/prhprc)**  
**or call (306) 966-7939.**